

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Vitamin B12 and Healthy Aging

Vitamin B12 is an important nutrient that helps your body create red blood cells. It also keeps your nervous system healthy. As the body ages, it has trouble absorbing B12 and this could create a deficiency in older adults. Food Sources of Vitamin B12 include: meat, fish, poultry, eggs, milk, liver, and fortified cereal. Low levels of B12 can contribute to loss of appetite, mental confusion, mild depression, weakness, and fatigue.

Adapted from nlm.nih.gov

A: Beef Spaghetti Casserole	3/4 cup
B: Spinach Lasagna	1 cup
Green Peas	1/2 cup
Texas Bread	1 slice
Peach Crisp/Hot Peaches	1/2 cup
Milk Margarine	1 each

A: Sausage w/Onions & Peppers	1 each
B: Chicken Breast	1 each
Kluski Noodles	1/2 cup
Spring Vegetables	1/2 cup
Hot Dog Bun/Hamburger Bun	1 each
Fresh Fruit	1 each
Milk	1 each

A: Cranberry Dijon Chicken	1 piece
B: Creole Beef Patty	1 each
Baked Sweet Potato	1 each
Broccoli	1/2 cup
Wheat Bread	1 slice
Pears	1/2 cup
Milk Margarine	1 each

ASH WEDNESDAY MEAL	
A: Macaroni & Cheese	1 cup
B: Beef Italian Macaroni	1 cup
Green Beans	1/2 cup
Parslied Carrots	1/2 cup
Garlic Texas Bread	1 slice
Fresh Fruit	1 each
Milk Margarine	1 each

A: Chicken Noodle Casserole	3/4 cup
B: Beef & Bow Tie Casserole	3/4 cup
Whole Kernel Corn	1/2 cup
Green Beans	1/2 cup
Dinner Roll	1 each
Fresh Fruit	1 each
Milk Margarine	1 each

A: Sausage Patty	2 each
B: Broccoli Spinach Egg Bake	1 slice
Oven Roasted Potatoes	1/2 cup
Orange Juice	1 each
Biscuit	1 each
Apple Raisin Compote	1/2 cup
Milk Margarine Jelly	1 each

A: Veal Marsala	1 each
B: Honey Mustard Chicken	1 piece
Whipped Potatoes	1/2 cup
Green Peas & Red Peppers	1/2 cup
Multi Grain Bread	1 slice
Applesauce	1/2 cup
Milk Margarine	1 each

A: BBQ Chicken	1/2 cup
B: Beef Patty	1 each
Crispy Cubed Potatoes	1/2 cup
Green Beans	1/2 cup
Hamburger Bun	1 each
Fresh Fruit	1 each
Milk Margarine	1 each

A: Beef Stroganoff	3/4 cup
B: Lemon Pepper Chicken	1 piece
Broccoli & Cauliflower	1/2 cup
Peach Cobbler/Hot Peaches	1/2 cup
Multi Grain Bread	1 slice
Milk Margarine	1 each

ST. PATRICK'S DAY MEAL	
A: Chicken Thigh w/Gravy	1 each
B: Corned Beef w/Cabbage	4 oz
Red Potatoes	1/2 cup
Sliced Carrots	1/2 cup
Rye Bread	1 slice
Cherry Whip/Diet Pudding	1/2 cup
Milk Margarine	1 each

A: Mushroom Chicken	1 piece
B: Macaroni & Cheese	1 cup
Stewed Tomatoes	1/2 cup
Mixed Vegetables	1/2 cup
Wheat Bread	1 slice
Fresh Fruit	1 each
Milk Margarine	1 each

A: Meatloaf w/Gravy	1 each
B: Pineapple Glazed Chicken	1 piece
Cheesy Whipped Potatoes	1/2 cup
Green Beans	1/2 cup
Dinner Roll	1 each
Fresh Fruit	1 each
Milk Margarine	1 each

A: Chicken Rice Casserole	3/4 cup
B: Creole Beef Patty	1 each
Carrots Amandine	1/2 cup
Broccoli	1/2 cup
Multi Grain Bread	1 slice
Fresh Fruit	1 each
Milk Margarine	1 each

A: Pork w/Supreme Sauce	3 oz
B: Turkey w/Supreme Sauce	3 oz
Garden Rotini	1/2 cup
Green & Red Cabbage	1/2 cup
Wheat Roll	1 each
Pineapple Tidbits	1/2 cup
Milk Margarine	1 each

A: Oven Fried Chicken	1 piece
B: Ham & White Beans	3/4 cup
Whipped Sweet Potatoes	1/2 cup
Mixed Vegetables	1/2 cup
Multi Grain Bread	1 slice
Mandarin Oranges	1/2 cup
Milk Margarine	1 each

A: Beef Fiesta Macaroni	3/4 cup
B: Chilaquiles Casserole	3/4 cup
Spinach	1/2 cup
Stewed Tomatoes	1/2 cup
Wheat Roll	1 each
Birthday Cake/Diet Cake	1/2 cup
Milk Margarine	1 each

A: Lemon Pepper Chicken	1 piece
B: Teriyaki Meatballs	3 each
Parslied Potatoes	1/2 cup
Brussels Sprouts	1/2 cup
Wheat Bread	1 slice
Fresh Fruit	1 each
Milk Margarine	1 each

A: Cranberry Dijon Chicken	1 piece
B: Calypso Pork	3 oz
Au Gratin Rotini	1/2 cup
Mixed Vegetables	1/2 cup
Wheat Bread	1 slice
Fruit Cocktail	1/2 cup
Milk Margarine	1 each

A: Beef Chili	3/4 cup
B: BBQ Chicken Breast	1 piece
Baked Potato	1 each
Green Peas	1/2 cup
Breadstick	1 each
Pears	1/2 cup
Milk Margarine	1 each

A: Sliced Turkey w/Gravy	3 oz
B: Salisbury Patty w/Pepper Gravy	1 each
Country Potatoes	1/2 cup
Capri Vegetables	1/2 cup
Wheat Roll	1 each
Fresh Fruit	1 each
Milk Margarine	1 each

A: Beef & Bowtie Casserole	3/4 cup
B: Pasta Primavera	1 cup
Green Beans & Red Peppers	1/2 cup
Sliced Carrots	1/2 cup
Garlic Texas Bread	1 slice
Oatmeal Cookie/Diet Cookies	1 each
Milk Margarine	1 each